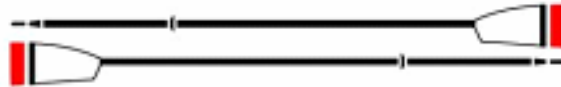




INDIANAPOLIS ROWING CENTER



The Catch

An electronic newsletter for
the Indy Rowing community

Volume 3, Issue 2

February 7, 2008

Get Ready for the Erg Race!

Welcome Reception

The Indianapolis rowing community formally welcomed new Executive Director Bernadette Marten Teeley on January 26th at Eagle Creek Park's beautiful new Earth Discovery Center. Bernadette spoke briefly about how excited she was to be back in her hometown of Indianapolis and touched on her ideas for the future of the IRC. If you didn't get a chance to meet Bernadette, make an effort to come to the Annual Dinner on February 21st. Details are below.

Bowling for Boats

Forty four bowlers came to Brownsburg Bowl and raised \$400 for IRC. The winning team, winning the prestigious Indy Pin Trophy consisted of Steve Wright, Bob Zeronik and Lori Showley Zeronik. Despite Lori's self proclaimed effort to bring the team's score down, they prevailed in the end. The 2nd place team was led by Ken "Lefty" Cutler. Thanks to all who participated!

Indy Indoor Sprints - Saturday February 9

Indy Rowing is again hosting the **Indy Sprints** on Saturday, February 9th at Butler. This year the Indy Sprints has become a qualifying event for the Crash B Sprints - the World Indoor Rowing Championship. Registration is now open on Regatta Central (www.regattacentral.com). Please sign up in advance as it will help us with scheduling and insure that you are in the correct flight.

The junior team will be attending in full force and we are hoping for a strong master's turn-out as well. This is a fun and adrenaline-filled opportunity to revitalize your training program or to kick off your spring season. Feel free to invite your friends, this is open to all. Lessons will be available on race day.

New Website

The new website is up and running, so please check it out and look for upgrades as we move forward: www.indyrowing.org.

Junior Practices Begin

Bernadette kicked off the junior season on February 4, 2008 at Monon Fitness Center. Coaches present included Mikella and Kyle Robinson, Courtney Chan, Greg Wilson, Brendan Chandler, Greg Oppman and Eric Stoll. About 60 juniors attended the kick-off.

The meeting covered the introduction of coaches, the plan for coaching this season, focus on the spring season, introduction of the training plan and calendar and a workout.

Changes for the spring include a unified training plan for the whole team and a more fluid approach to coaching. Kyle and Mikella will be primary point people for the boys' and girls' squads respectively but that all the coaches will be available to coach any boats or squads. Bernadette will serve as the junior program director.

The spring meeting for returning parents and rowers meeting will be March 3, 2008 at Brebeuf High School @ 6pm. Bernadette will be covering the plan for the season, coaches and boat selection.

Coaches and rowers are excited about the spring season. Please check out www.indyrowing.org under programs/ juniors for the indoor training plan and weekly training logs.

The Annual Indianapolis Rowing Center Dinner

The date for the dinner has been set. Please mark you calendar for:

Occasion: To Celebrate the Year of IRC Rowing!

Date: Thursday, February 21, 2008

Time: 6:00 (dinner to be served at 6:30) -8:00

Location: St. Alphonsus Catholic Church – Zionsville (1870 W. Oak St. (317) 873-2885)

Cost: \$10 per person

View the invitation and RSVP online at

<http://www.evite.com/pages/invite/viewInvite.jsp?inviteId=UWAJCEKGNUGKBHHCYCSUTB&li=ig&src=email&trk=aei6>

Rowers Profile - The Catch plans to feature a junior or master rower in each issue. Please reply to the Catch with your nominations.

Interesting Links

Many of us log on to concept2.com to log our meters, or check on races, but did you know that there is a Concept2 website in the UK? It has some of the same information, but has one of the best training guides available. Check it out and sign-up for their online Newsletter. It has some wonderful information.

<http://www.concept2.co.uk/>